



You have a lot of reasons to quit tobacco

There are so many reasons to quit tobacco. You may know most of these reasons and think about them every day:

Your family is counting on you to be healthy. And you want to be there for them.

You could be saving the money you spend on tobacco for something else—like a family vacation or a new car.

You want to feel healthy and breathe better. And most of all, you want to have a long, disease-free life.

You can.



FREE &
CLEAR

Quit For Life™ PROGRAM

Here's how the Quit For Life Program works:

Quit Coach

Our Quit Coaches know how to help you quit tobacco. A Quit Coach will call you when it's convenient for you. And you can call them for extra support as many times as you need to, any day of the week.

Personal Quit Plan

You and your Quit Coach will create a Quit Plan just for you. Together you will decide when to quit and what techniques are right for you.

Quit Guides

You will receive Quit Guides with helpful tips and information to help you stay on track. You can refer to these guides between phone calls with your Quit Coach.

Quitting Treatments

Your Quit Coach will help you decide whether treatments like the nicotine patch or gum are right for you and if they are covered by your health insurance.

To join the program or find out more, call 1.866.QUIT.4.LIFE (784.8454) or visit www.freeclear.com.

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FREE &
CLEAR

Quit For Life™ PROGRAM



They're counting on you.
Take the first step toward quitting tobacco today.

www.freeclear.com

The Free & Clear[®] Quit For Life[™] Program is here to help you every step of the way.

Quitting tobacco may be the best thing you can do for your health and your family. And the best way to quit tobacco is to get help from people who know what you are going through.

When you join the Quit For Life Program, we find out what has and has not worked for you in the past. Then we help you create a personal quitting plan that may include treatments to help you with withdrawal. We have helped thousands of people quit tobacco. You can be one of them.



Quit For Life[™] PROGRAM



It's more than just a bad habit.

You may have tried to stop using tobacco in the past. Many people try several times before they quit for good. Quitting takes practice—and it's very hard to quit on your own. That's because using tobacco is not just a bad habit—it's an addiction that is hard to ignore.

No matter how many times you've tried to quit before, the Free & Clear Quit For

Life Program can help. Our Quit Coaches[™] are there when you need support. They know what you are going through and can teach you the tips and techniques that work.

In fact, with the Quit For Life Program, your chances of quitting are 6 times better than trying to quit on your own.

We're here to help. **1.866.QUIT.4.LIFE**
(784.8454)